

# Prescribing a Green Prescription

It is essential that the referring practitioner prescribing a Green Prescription (GRx):

- is a regulated health practitioner as defined under the Health Practitioners Competence Assurance (HPCA) Act, working within their scope of practice;
- identifies contraindications through a health assessment of the person to ensure they are safe to increase their physical activity;
- can confirm that the benefits and risks of increased activity have been discussed, and referral made if required for further clinical assessment, before a GRx is issued; and
- has established that the person is currently inactive and willing or able to make a positive lifestyle change through a GRx referral.

**Note:** A health assessment includes – but is not limited to – family and personal health history, current conditions and medications, physical examination and current activity level.

Practitioners who are likely to meet the criteria for referring	Practitioners who do not meet the criteria and who will need general practice sign off for their referrals
<ul style="list-style-type: none"> <li>• General practice: <ul style="list-style-type: none"> <li>○ General practitioners</li> <li>○ Nurse practitioners</li> <li>○ Practice nurses</li> </ul> </li> <li>• Registered nurse prescribers</li> <li>• Medical specialists: <ul style="list-style-type: none"> <li>○ hospital based</li> <li>○ community based (in private practice)</li> <li>○ outpatients</li> </ul> </li> <li>• Surgeons</li> <li>• Hospital based allied health professionals: <ul style="list-style-type: none"> <li>○ physiotherapists</li> <li>○ psychologists</li> <li>○ dieticians</li> <li>○ occupational therapists</li> </ul> </li> <li>• Hospital based Clinical Nurse Specialists and mental health nurses</li> <li>• Lead Maternity Carers and midwives</li> <li>• PHO or practice based Maori and Pacific registered health nurses</li> </ul>	<ul style="list-style-type: none"> <li>• Registered nurses (those not in general practice): <ul style="list-style-type: none"> <li>○ Well Child Tamariki Ora (WCTO) nurses (visiting family)</li> <li>○ Public Health nurses</li> <li>○ District Health nurses</li> <li>○ Diabetes nurses</li> </ul> </li> <li>• Enrolled nurses</li> <li>• Community health workers (such as kaiawhina)</li> <li>• Mental Health/Addiction workers – must provide patient support in conjunction with GRx personnel</li> <li>• Community based allied health professionals: <ul style="list-style-type: none"> <li>○ dieticians</li> <li>○ physiotherapists</li> <li>○ osteopaths</li> <li>○ chiropractors</li> </ul> </li> </ul>

GRx referrers from outside general practice who do not have access to an electronic shared care record should copy the GRx and any progress reports to the person's general practitioner (GP).